



***GUARD YOUR
HEART***



Love UnVeiled
Transforming Women into God's Image of Beauty

“GUARD YOUR HEART” - PROVERBS 4:23

**Watch over, your heart with all diligence,
for from it flow the springs of life. AMP**

**Guard your heart above all else,
for it determines the course of your life. NLT**

**Keep your heart with all diligence,
for out of it, spring the issues of life. NKJV**

Jesus answered and said to her, *whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.* **John 4:13-14 NKJV**

On the last day, that great *day* of the feast, Jesus stood and cried out, saying, *“If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”* **John 7:37-38**

The thief comes only to steal and kill and destroy. I came, that they may have and enjoy life, and have it in abundance [to the full, till it overflows]. **John 10:10 AMP**

Our hearts are a deep well which only Jesus can fill. He has the living water which meets all our needs. He fills us with His life. His Spirit in our hearts, gives us strength and power to live the abundant life, overflowing with love, peace, joy, goodness, gentleness, kindness, patience, faithfulness, self control. But the enemy comes to kill, steal and destroy our intimate relationship with Jesus knowing that He is our source of life, joy and power.

A heart full of joy and goodness makes a cheerful face, but when a heart is full of sadness the spirit is *crushed* (NKJV *broken*.)
Proverbs 15:13 AMP

The call to guard the heart suggests a proactive and vigilant effort akin to a watchman protecting a city. This aligns with the biblical theme of spiritual warfare, where believers are urged to guard against sin, and temptation. Ephesians 6:11-18.

“With all diligence” emphasizes the importance and continuous nature of this task, suggesting that it requires constant attention, and effort.

Our greatest battle is who is ruling our hearts in every moment and in every decision. The Holy Spirit wants to rule our hearts. Do we allow Him to lead and guide and be the pilot of our hearts?

WHEN FACING WHAT YOU DON'T KNOW - DON'T FORSAKE WHAT YOU KNOW.

HOW FOOLISH CAN YOU BE? AFTER STARTING YOUR NEW LIVES IN THE SPIRIT, WHY ARE YOU NOW TRYING TO BECOME PERFECT BY YOUR OWN HUMAN EFFORT? Galatians 3:3 NLT

But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ. For if he who comes preaches another Jesus whom we have not preached, or *if* you receive a different spirit which you have not received, or a different gospel which you have not accepted—you may well put up with it! **2 Corinthians 11: 3-4** NKJV

A wise woman builds her home, but a foolish woman tears it down with her own hands. **Proverbs 14:1** NLT

They made me keeper of the vineyards, but my own vineyard, I have not kept. Song of Solomon 1:6 NKJV

We can be so busy caring for others, ministering to others, we let our own hearts get tangled up in weeds and thorns.

Being busy doesn't mean being fruitful.

Jesus said *I am the vine, you are the branches, he who Abides in Me and I in him bears much fruit; for without Me you can do nothing.* **John 15:5**

Passion for ministry does not protect you from becoming dry, self-righteous, impatient, insensitive, cynical, weary, prideful or out of touch with what God is doing.

The backslider in heart will be filled with his own ways but a good man will be satisfied from above. **Proverbs 14:14** NKJV

How do we backslide in our hearts?

- Yielding to temptation - **1 Corinthians 10:1-13**
- Neglecting soul rest - **Isaiah 30:15-18, Jeremiah 17:5-8, Proverbs 3:5-6, Matthew 11:28, Hebrews 4:9-11,**

Hidden dangers for the heart - Rebellion, idolatry, resistance, doubt, fear, unbelief, pride, self-righteous, self-pity, anger, jealousy, envy, hatred, bitterness, resentment, unforgiveness, offense, shame, deception, complaining, disappointment, works...

- *Without rest (in the secret place) we are more at risk of being overcome - by sin, the world, our flesh, and the devil.*
- *Healing four hearts from sin, pain, injury, and wrong thinking happens in seasons of rest (in the secret place).*
- *Rest (in the secret place - Jesus) is critical in our Christian life. When I live without rest, I risk burning out and lack motivation to stay in step with the leading of the Holy Spirit.*

Reflection: Read the bible passages above about “soul rest.”
What is the essence of rest according to these verses?

GUARD YOUR HEART FROM THE SNARES AND TRAPS OF THE WORLD, THE FLESH AND THE DEVIL

We escaped like a bird from the snare of the fowlers; the trap is broken, and we have escaped. Our help is in the name of the LORD, Who made heaven and earth. **Psalm 124:7 NKJV**
(A fowler - one who catches birds in a trap.)

Jesus set our hearts free from the enemy's stronghold, but we must be diligent and consistent about guarding our hearts, and vigilant in recognizing attempts from the **world, our flesh and the devil**, to tempt us back into captivity.

There is a path before each person that seems right, but it ends in death. **Proverbs 14:12 NLT**

The wicked are stringing their bows and fitting their arrows on the bowstrings. They shoot from the shadows at those whose hearts are right. **Psalm 11:2 NLT**

But my eyes are upon You, O God the Lord; in You I take refuge; Do not leave my soul destitute. Keep me from the snares they have laid for me, and from the traps of the workers of iniquity. **Psalm 141:8-9 NKJV**

Fear of the LORD is a life-giving fountain; it offers escape from the snares of death. **Proverbs 14:27 NLT**

Thorns and snares are in the way of the perverse; He who guards his soul will be far from them. **Proverbs 22:5 NKJV**

- Our eyes and ears and lips are open doors for the traps and snares of the enemy.
- What we see and hear goes into our minds, then into our hearts, and out of our mouths.

Let your heart retain my words. **Proverbs 4:4 NKJV**

My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, and health to all their flesh. Keep your heart with all diligence, for out of it spring the issues of life. Put away from you a deceitful mouth and put perverse lips far from you. Let your eyes look straight ahead, and your eyelids look right before you. **Proverbs 4:20-25**

Proverbs 4 is King David’s counsel to his son Solomon. God gave Solomon great wisdom, wealth, power, but in the end, he looked to foreign wives who turned his heart from God. He built altars to their false gods. God took the kingdom from Solomon’s son, apart from one tribe. **Read 1 Kings 10:23-24, 11:1-13**

Turn my eyes from looking at useless things and revive me in Your ways. **Psalm 119:37 NKJV**

Your word I have hidden in my heart that I might not sin against You. **Psalm 119:11 NKJV**

Prayer “Lord, give me the wisdom of Solomon, but guard my heart that I might not be deceived by the things my eyes see, and my ears hear.”

Reflection: How do you identify with Solomon? What distractions and temptations can lead your heart away from God?

GUARD YOUR HEART AGAINST PRIDE

“Me” is a most exacting person, requiring the best seat and the highest place for itself, and feeling grievously wounded if its claim is not recognized. Most of the quarrels among Christian workers arise from the clamoring of this gigantic “me”. How few of us understand the true fit of taking our seats in the lowest rooms. (Hannah Whitall Smith)

Every seeker of holiness needs to be on His guard, so that unconsciously what was begun in the Spirit is not perfected in the flesh. (Andrew Murray, Humility)

I will not endure conceit and pride. **Psalm 101:5** NLT

The high and lofty One who lives in eternity, the Holy One, says this: *I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts.* **Isaiah 57:15** NLT

I will bless those who have humble and contrite hearts, who tremble at my word. **Isaiah 66:2** NLT

Lord my heart is not proud; my eyes are not haughty. I don't concern myself with matters that are too great or too awesome for me to grasp. **Psalm 131:1** NLT

But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there. **James 3:14-16** NKJV

The fear of the Lord is the beginning of wisdom and before honor is humility. **Proverbs 15:33** NKJV

Teach me your way oh Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. **Psalm 86:11** NKJV

King Saul had a divided heart. He was a proud people-pleaser. He wanted some glory and honor for himself. **Read 1 Samuel 15**

Humility is nothing but the disappearance of self in the vision that God is all.

The lowly mind that counts self the servant of others shows the very mind and heart of Jesus. **Ephesians 3:8, 1 Corinthians 13:4-5**

Take My yoke upon you. Let me teach you. For I am gentle and humble at heart, and you will find rest for your souls **Matthew 11:29 NLT**

He humbled Himself, and became obedient to the point of death, even the death of the cross. **Philippians 2:8 NKJV**

But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. **James 3:17 NKJV**

GUARD YOUR HEART FROM UNGODLY RESPONSES

For whatever is in your heart determines what you say. A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. **Matthew 12:34-35** NLT

A calm *and* peaceful *and* tranquil heart is life *and* health to the body, but passion and envy are like rottenness to the bones. **Proverbs 14:30** AMP

Our deep heart emotions (passion) can take us down a road of deception which “feels” right but can often be so wrong.

You’re having a perfectly good morning when out of nowhere a text sets off a trigger of responses destroying your peace – you’re angry, upset, raging and in a tailspin.

Guard the heart for out of it flow the ‘issues’ of life. “Issues” come in many forms. They can turn your day upside down. How we handle issues can bring about ungodly responses which can cause havoc, hurt and harm to others.

One drop of dark vinegar poured into a jar of clear oil, will darken the whole jar. One ungodly response can darken your heart and destroy relationships with others.

Set a guard, O Lord, over my mouth; Keep watch over the door of my lips. **Psalm 141:3** NKJV

A wise *man* fears and departs from evil, but a fool rages and is self-confident. A quick-tempered *man* acts foolishly, and a man of wicked intentions is hated. **Proverbs 14:16-17** NKJV

A soft *and* gentle *and* thoughtful answer turns away wrath, but harsh and painful and careless words stir up anger. **Proverbs 15:1** AMP

When we feel afraid, attacked, or overwhelmed our flesh will often respond first, with quick, uncontrolled, harsh, unkind or negative words. If that happens, take a breath. Think again. How did you respond? Flesh or Spirit? What was behind your response?

The first one to plead his cause seems right, until his neighbor comes and examines him. **Proverbs 18:17**

Trust in the Lord with all your heart, not leaning on your own understanding. In all your ways acknowledge Him and He will direct your paths. **Proverbs 3:5-6**

- In facing what you don't know don't forsake what you know.
- Seek first to understand, before being understood.
- Do you need to take the first step towards understanding another point of view, to listen? Are you willing to forgive and love someone with another perspective. Are you willing to give them the benefit of the doubt?
- If your response was in the flesh, acknowledge it. Humble yourself before God, apologize to the person, then say what you know is the Spirit's way.

Reflection: How is God using an "issue" in your life to transform you and teach you to guard your heart?

GUARD YOUR HEART AGAINST THE LUST OF FLESH

Bonding with the world; self-Indulgence, self-pity, self-focus

Be very careful never to make a treaty with the people who live in the land where you are going. If you do, you will follow their evil ways and be trapped. **Exodus 34:12** NLT

Don't get sucked into relationships with those who have different values. It will be a snare, a hindrance, thorns in your eyes - a trap to kill steal and destroy your peace, joy and abundant life in Jesus. **Read Numbers 33:50-56.**

When my spirit was overwhelmed within me, then You knew my path. In the way in which I walk they secretly set a snare for me. Look on *my* right hand and see, for *there is* no one who acknowledges me; Refuge has failed me; No one cares for my soul. **Psalm 142:3-4** NKJV

Don't indulge the flesh in self-pity, in evil and negative thoughts and words of unbelief, in judging, criticizing, being unforgiving, taking offence, blaming everyone else.

Don't let me drift toward evil or take part in acts of wickedness. Don't let me share the delicacies of those who do wrong. **Psalm 141:4** NLT

The influence of money and materialism is a subtle *heart attack*.

CH Spurgeon warns that the comfortable life will deaden our ability to sacrifice and pour compassion on others. It is a trap to blind us from the needs of others.

Bring my soul out of prison, that I may praise Your name; the righteous shall surround me, for You shall deal bountifully with me. **Psalm 142:7**

GUARD YOUR HEART FROM ATTACKS ON YOUR IDENTITY

Butterflies are free! We are no longer slaves to the enemy, living like caterpillars! **Read Romans 8:1-4, 11**

God has set us free to be who He created us to be by giving us a new heart.

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. **Ezekiel 36:26** NLT

But attacks on our heart often feel like attacks on who we are at the core of our being. It may come as an attack on you personally or an attack on your family, your church, your ministry, your calling, your work. It may come in the form of questioning, criticism, scathing comments. It can make you feel undermined, minimized, diminished, devalued, misunderstood.

Be on Guard: Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. **Philippians 4:6-7** NKJV

Butterflies are alert, and vigilant, they are aware of predators. We must be aware of the strategy of the enemy using others comments to attack us with anxiety, discouragement, confusion, doubt, rejection, offense and distraction.

Refuse to give in to the temptation to harbor grudges, to be prideful, to be distracted, to fight to be right, to hold onto offenses, to take revenge by withholding love and forgiveness.

Instead, fly higher!

*In the face of what you don't know – don't forsake what you **do** know!*

- **Be willing to yield. Forgive from your heart** those the enemy is using to bring an attack against you - your brother or sister, those in the body of Christ, your family, your workplace, or your marriage. **Read Matthew 18:35**
- **Ask God to shine His light and truth on the situation.** The word of God brings truth and peace. The Spirit of God brings illumination. Ask Him to expose the lies. Proclaim God's word.

Prayer: Lord, I lift the shield of faith against all these attacks on who You have created me to be. I proclaim Your word to be true that my righteousness and identity is in You. I have value because of Your cross and who You created me to be in Christ Jesus. I am a new creation called according to Your purposes. You know my name and I am who I am today because of You. No one can steal, kill or destroy what You are doing in my life or through my life. They can kill my body, but not my soul. I choose to listen to Your voice and shut off the voice of the enemy. Help me to guard my heart and mind with Your peace. I am sitting with you in the secret place of Your presence, sheltered under the shadow of your wings, un-condemned, protected and shielded from the enemy. Kiss me with the kisses of Your mouth, for Your love is better than wine. My life is hidden with Christ in God.

We are free! So, Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law. **Galatians 5:1 NLT**

Wait on the Lord; Be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord! **Psalms 27:14 NKJV**

You hide them in the shelter of your presence, safe from those who conspire against them. You shelter them in your presence, far from accusing tongues. **Psalms 31:20 NLT**

GUARD YOUR HEART IN THE SECRET PLACE

Transformation and Healing takes place in the Secret Place.

Cocoon seasons are often when the Holy Spirit reveals the condition and issues of our heart – things that trouble us and keep us from experiencing freedom and intimacy with Him, things that cause doubt and fear.

Jesus is our rest. When these issues arise, Jesus invites us to come away with Him, and to Him. He is rest for our soul, He is healing for our heart, He is strength for our weariness, He is peace for every situation.

Shut the door and have intimate time with Jesus, the lover of your soul. **Read Matthew 6:6** NKJV

The Shulamite - *Let him kiss me with the kisses of his mouth - For your love is better than wine.* **Song of Songs 1:2** NKJV

- When we open God's word, His promises kiss our hearts.

The Shulamite - *Draw me away! ...The king has brought me into his chambers.* **Song of Solomon 1:4** NKJV

- He draws us to the inner sanctuary of His intimate love.

Turn my eyes from looking at useless things and revive me in Your ways. **Psalm 119:37** NKJV

The Beloved - *Behold you are fair my love! Behold you are fair! You have dove's eyes.* **Song of Solomon 1:15** NKJV

- Doves' eyes are locked on each other. This is an Invitation to the inner chamber – to have eyes only for Him.

The Beloved - *O mydove, in the clefts of the rock, In the secret places of the cliff, let me see your face, let me hear your voice; for your voice is sweet, and your face is lovely.* **Song of Solomon 2:14** NKJV

Catch us the foxes, the little foxes that spoil the vines, for our vines *have* tender grapes. **Song of Solomon 2:14-15**

Catch the foxes, the things that distract our hearts from peace, unity and intimacy with Jesus, things that spoil fruitfulness. The vines have tender grapes. Don't destroy them by the work of the flesh.

When your heart is overwhelmed, broken, confused, lost, hurting, run to the secret place, stay in intimate relationship and communication with Jesus. Listen to His voice. Let Him heal you.

Do not sorrow, for the joy of the LORD is your strength. **Nehemiah 8:10 NKJV**

You will show me the path of life. In Your presence *is* fullness of joy; **Psalms 16:11 NKJV**

Then Jesus said, *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”* **Matthew 11:28-30 NLT**

Trust in *and* rely confidently on the Lord with all your heart and do not rely on your own insight *or* understanding. In all your ways know *and* acknowledge *and* recognize Him, and He will make your paths straight *and* smooth (removing obstacles that block your way.) **Proverbs 3:5-6 AMP**

BE FREE AND GUARD YOUR HEART EVERY DAY

How do I know if my heart is free or not? Take a freedom heart check - Do I have God's peace? Do I have His joy?

Anxiety increases when we hold it inside. God invites us to pour out our hearts to Him. He is a safe place to search our hearts.

Trust in Him at all times you people, pour out your heart before Him; God is a refuge for us **Psalm 62:8**

Oh Lord, you have searched me and know me. **Psalm 139:1**

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life. **Ps 139:23-24 NLT**

- Am I anxious about anything?
- Am I fearful?
- Am I feeling shame or doubt?
- Do I feel like a failure, or that I have failed the Lord?
- Am I experiencing condemnation, from self or others?
- Do I hold bitterness, resentment, anger or unforgiveness in my heart?
- Am I easily offended?
- Do I often respond to rejection by being defensive, aggressive or withholding love?
- Do I feel competitive, envious, jealous towards another believer or any other person?

For if our heart condemns us, God is greater than our heart and knows all things. Beloved, if our heart does not condemn us, we have confidence toward God. **1 John 3:20-21 NKJV**

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7 NLT**

- Reflection: Read again 1 John 3:20-21 and Philippians 4:6-7.
 - Ask the Holy Spirit to reveal anything in your heart which is blocking or disturbing the peace of God in your heart. Confess it to Him. Thank Him that He does not condemn you, but lovingly shows you the root of disturbance in your heart and can replace it with His peace.
-
-
-

Prayer: *Lord, I come to You. My heart is empty, weary, confused. Help me tear out the weeds and thorns in my heart, the overgrown tangle of things that stop the flowers growing, the things that have taken Your place. Forgive me for getting away from You, for trying to run in my own strength. I come to You to renew my soul with Your living water, to restore my joy, my love for You, my peace in You. I need You. I can do nothing without you. I wait on You in this secret place to hear Your voice, to worship You. Heal me Lord and I will be healed. Renew a right spirit withing me Lord. Restore to me the joy of Your salvation. I lay all my burdens down. I have been running in my own strength. I lay down my family, my work, my ministry, my commitments and everything that is overwhelming me. I ask You to pick up and give me only those things that You have asked me to carry, with Your help. Give me Your power and joy to do all things in Your strength and with your grace. Let my heart overflow with the love and compassion that I find in Your presence. Let my heart be a well-watered garden, whose waters never fail, let it be an overflowing fountain of Your love bringing living waters of abundant life to others. May I never leave Your Presence, but rest and abide in you moment by moment. May my life bring glory to you Lord Jesus.*

The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. **Isaiah 58:11** NLT

DAILY HEART CHECK

Unlike happiness, peace and joy are not dependent on circumstances. Peace and joy are the fruit of the Holy Spirit. It is evidence of intimacy and trust in Jesus despite our circumstances.

When the Lord searches your heart, what will He reveal which has drained, stolen or dampened your peace and stolen your joy?

The bible uses these words to describe the broken condition of the heart. Circle any words you feel describe your heart today:

Broken	Haughty	Evil	Hurting
Grieving	Anxious	Scheming	Covetous
Heavy	Discouraged	Troubled	Weary
Sorrowful	Stubborn	Unsearchable	Foolish
Hard	Proud	Unforgiving	Sick
Deceitful	Darkened	Cunning	Jealous
Unrepentant	Trembling	Insolent	Envious
Bitter	Arrogant	Sad	Confused
Divided	Unbelieving	Boastful	Fearful
Adulterous	Wounded	Despairing	?

Hearts in any of these conditions are either sinful or wounded and need healing.

Create in me a pure heart, Oh God, and renew a steadfast spirit within me. Psalm 51:10

- To experience healing, we invite Jesus, the light of the world, to shine His light and truth to illuminate our hearts and to heal our hearts. **Psalm 43:3.**
- God promises to heal and transform our hearts if we are willing. **Psalm 147:3, Psalm 34:18.**

Reflection:

Healed hearts are also named in scripture. Circle the words you long for to be true of your heart today. Ask God to renew your heart with His word.

Whole	Perfect	Soft	Pure
Tender	Willing	Upright	Clean
Merry	Meek	Contrite	Lowly
Honest	Good	Single	Compassionate
True	Circumcised	Thankful	Loyal

My flesh and my heart fail; *But God is the strength of my heart and my portion forever.* **Psalm 73:26** NKJV

“Let not your heart be troubled; you believe in God, believe also in Me...” **John 14:1** NKJV

Jesus said *“These things I have spoken to you, that **My joy** may remain in you, and that **your joy** may be full.* **John 15:11**

That Christ may dwell in your hearts through faith, you being Rooted and grounded in love. **Ephesians 3:17**

KNOW GOD - LOVE GOD - TRUST GOD – FREEDOM

*Love the Lord your God with **all your heart, all your soul, all your mind and all your strength.** Mark 12:31*

To love God with my whole heart is to know Him, to know Him is to love Him, to love Him is to trust Him, to trust Him is to obey Him, to obey Him is freedom and joy.

Does God have your whole heart?

God does not look at our outward appearance or our good works. He looks at the heart. **(1 Samuel 16:7)**

If you have never opened the door of your heart to receive Jesus Christ and to ask Him to give you a new heart, you can do that now by praying to Him, confessing your sin and receiving by faith His death on the cross as payment for your sin.

If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. **Romans 10:9-10 NLT**

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. **Ezekiel 36:26 NLT**

Prayer:

GUARD YOUR HEART

Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.

Proverbs 3:5-6 NKJV

*When Facing What You Don't Know –
Don't Forsake What You Know.*

Reflection:

- What areas of your heart do you need to be more vigilant and diligent to guard?
- Which bible verse or verses will you meditate on to transform and guard your heart?
